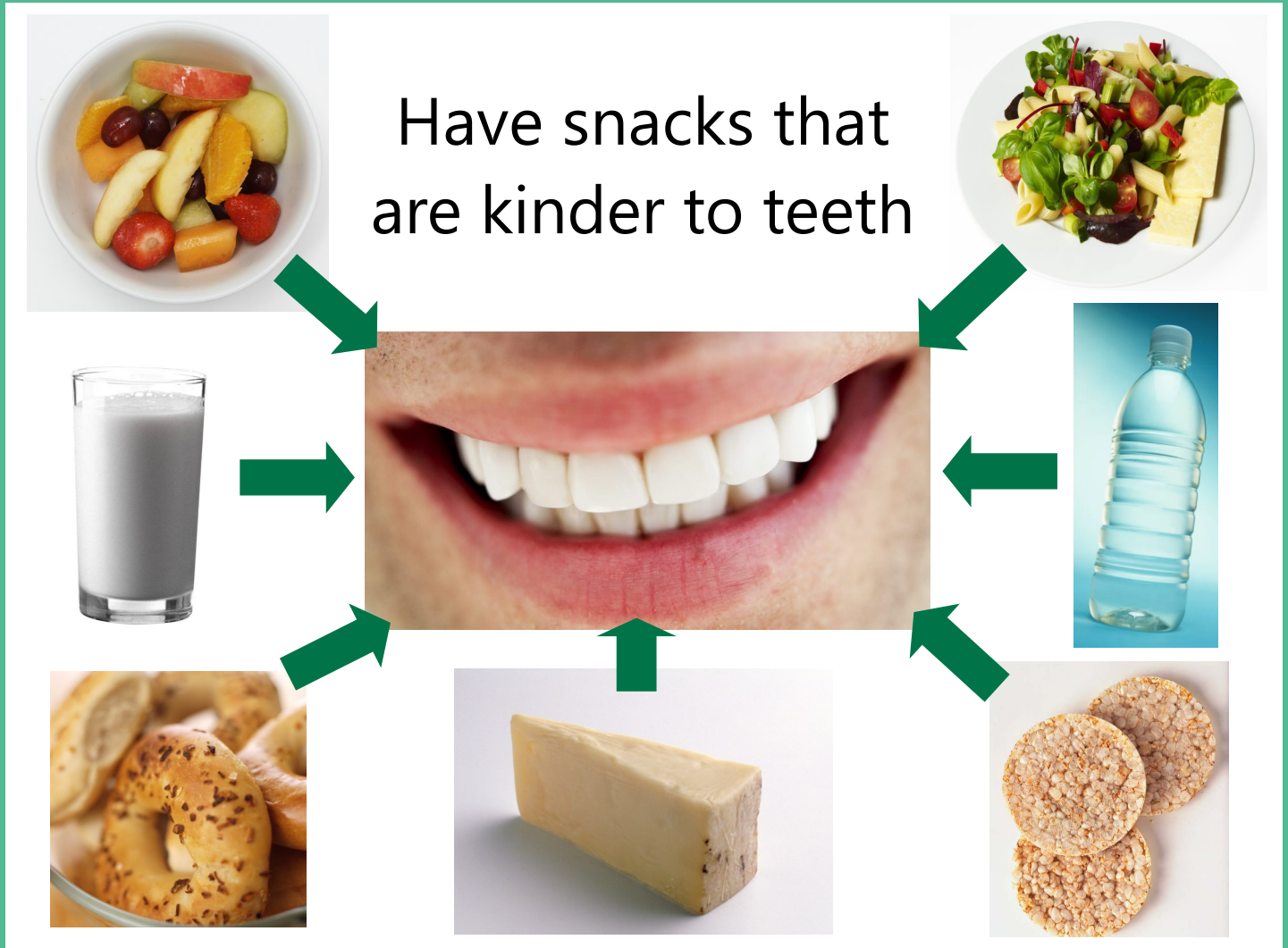


Look after your smile ...



Reduce how much and how often you have sugar

For more information on sensible swaps visit the change 4 life website www.change4life.co.uk